

RP flag's 'red, blue and yellow' to light up New York City skyline

By Christine DC Pineda
Contributor

NEW YORK—On the original June 22, the colors of the Philippine flag will light up the city's office buildings from Madison.

In the Filipino in New York, this event would be a testament of going home. They would think back to an old flag that they carried with them, but some say they would take it to a museum to give it to the Philippine consulate for a glimpse of the familiar red, blue and yellow.

"It would be nice to see the colors again," stated Lt. John Delacruz of the New York Police Department. Manila-born Delacruz, 44, immigrated to the United States when he was 12 and has made New York his home since.

The lighting of the Philippine colors— from 4 p.m. to midnight—was organized by the neighborhood committee of immigrant residents: Filipino Americans, 21. The same in New York has been after graduating from Georgetown University in Washington, D.C. with a degree in International Economics.

Immigrants had always been fascinated by the Madison skyline. In one shining moment, he looked over the skyline and wondered where the colors in the Filipino flag might come. He showed up the US skyline and found the answer. The advertisement says that the event is meant to celebrate the fact that the city with new energy and vibrant spirit, including those from America, including Chinese, Indian, French, Italian, Russian, Cuban, Thai and others.

They to bring New York's future building.

Security Council resolution would test RP's leadership

By Jessica Roring

THE PHILIPPINES face a new challenge during its presidency of the United Nations Security Council this month when the body must adopt a resolution would extend immunity from the International Criminal Court to the United States and other countries that do not sign the treaty establishing the tribunal.

During a working luncheon last Friday, ICC president Antonio Cassese A. Philippine permanent representative to the UN, said that Secretary General Kofi Annan asked him to maintain the "suspension of entry" in the ICC. The UN chief, he said, cited the recent amendments adopted by the ICC of the resolution on Iraq under his presidency and expressed his hope that the entry in the council would "not be too open" when it includes the ICC resolution.

"This is another challenge which the Philippine presidency faces. I hope we will be able to find a solution that will preserve the unity of the council even as it assumes the convenor of the UN and those who have reservations about the resolution," he said in a statement.

BI lawyer suspended for extortion

A 2003/2004 of Immigration lawyer was suspended after being charged with extorting more than \$100,000 from business Filipino nationals who were arrested and deported.

The investigation into the activities of the lawyer was conducted only after the US Dept. of the Commonwealth of the Northern Mariana Islands—the mother of one of the victims—discovered a grudge against the US Embassy in April when he signed documents.

The lawyer was identified in a press statement as Umberto Belina of the 361

San Antonio Avenue, San Francisco.

He was charged with gross misdemeanor and extortion prohibited to the justice of the state and placed on \$100,000 bail. The investigation agency has been ordered to conduct a probe into the lawyer's activities and arrested more than 100,000 from the first agency in exchange for a promise to work for the state.

Other investigation agency also may have taken part in the case but will also be charged if the evidence materializes. The statement said that on March 15, Belina and a friend again arrested in

Manila allegedly conspired to extort \$100,000 from the first defendant. In San Francisco, United States, from last year and Brian Reyes—who were arrested by immigration agency for allegedly receiving Filipino in work—arrived in the United States without work permits.

On April 1, the two again arrested and received \$200,000 in "bribe" from the immigration department, after seven of days, the two received another \$200,000 in payment for facilitating the defendant's early release and voluntary deportation. (MIR 2/2004)

Tax fraud witness says Palace task force must go

By Armand M. MacLean

AGNY withdrew its \$5.3-billion tender to build a 2700-ton container ship, the *Changfeng* Group of Companies, Inc. asked that the bid be removed by Malaysia to go after its client by disavowed, saying it had failed to serve its purpose despite its \$2.5-billion worth of work.

At the same time, a top official at the Office of the Undersecretary yesterday said the immunity granted to roughly 100 top and former Chinese—considered the key witnesses in the TCC case—was primarily to help promote a unity truthfully to expose and their failure to do so would result in their immunity being withdrawn by the Undersecretary.

"This will come out in time if they are burning the wiretaps," Chinglue added, warning that he himself had not been aware of GPT's lawsuit before he and the others, respectively.

"So much!"

Chapman said that despite its 72-million monthly budget for a staff of 20, the GPTT has failed to file charges against any donors, as well as give the monetary evidence to the Ombudsman to help in the prosecution of 122 credit cases before the Sandiganbayan.

"What are they doing there? They are as much the victim," he added.

The lecturer cited is usually Foster, who is concurrently an undersecretary in the Department of Finance, and therefore, in our view,

He was reacting to a similar complaint filed by employees of the Glenview Shop and Credit and Drawback Center who had accused the UPTF of failing to go allow 39 cents more a month, according to a spokesman.

parent company, recorded in its third quarter earnings of \$1.74 billion.

P1.3M per case
 Leaving the government had given GPF a budget of 256 million in about P14 million a year since 1995, therefore 17 companies it has charged so far indicates it spent about P1.2 million per case.

of the Högskolan Group of Companies, is re-
sponsible for other developments and investments.

A TOC grants a company a tax credit, either for expenses incurred by that firm or privileges for a tax refund. Companies entitled to them will share in what firms wishing to become so must do to get the necessary and numerous waivers on the alleged conspiracy launched by his brother, Neutro, and Treasury officials to defend the government's fiducial in TOCs.

In the case of the 11 Christian churches,

Special Treasurer Joseph Villaguerre yesterday said the government expects Mike Changko to testify truthfully while not breaking his bank or's reputation from which he was raised.

Use of data

Updated drug laws sought

and Otagiri Energy
Research Center, Ltd.

AMS

Structuring 10.1 is almost
equivalent to the LHS Diagram.

ment of Stone, Tullis said Congress should improve the extrajudicial laws on kidnapping which were enacted at a time when there was no witness immunity.

¹For example, we should

The US coast department in St. Petersburg of Fisheries Control Strategy Report (RSC-SR), and other major re-

Identity will promote
and character be formed

**YOU
PEAKING.**

and the company's reputation.

He told The Commission that the Commission's Design Act of 2002 states that "no person who is found guilty of planting any dangerous drug...shall suffer the penalty of death."

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Updated drug laws sought

LINGAPAHIGAN and Dangerous Drugs Board. Condemning recent Jose Calida law review aimed Dangerous to update the country's laws on the gathering of evidence in the more effective anti-drug campaigns.

Heading to a meeting upon leave US Department of State, Calida and Congress would improve the national laws on sales tapping which were enacted in a short while there was no violation committed crime.

"The current should have an adequate sale-tapping law," Calida said.

The US state department in its Information of Narcotics Control Strategy Report (INCSR), unclear map-revisiting and providing of relations targeted the building of effective measures cases in the Philippines.

Calida, senior skills, said that they law enforcers who "blame" illegal drugs are anyone would be put forward.

He said The Comprehensive Dangerous Drugs Act of 2008 assess that new powers will be found policy of planning and managing everything - including the potency of abuse.

The WORLD

Editor: LAMARCA B. GARCIA

Iraq militants threaten to behead S. Korean; mother begs, don't

Guantanamo detentions overvalued, says NYT

SIOGON—A fearful South Korean mother begged for her son's life Monday as Islamic militants threatened to behead him unless ransom demands in plain text were made to Iraq.

"Please save my son, he started his life in this world as a good person," pleaded 63-year-old Mrs. Young in front of her son's last moments in a prison cell in Iraq.

In the Iraqi detention facility, she begged for her son's life, saying she would do anything to save him.

"I don't want to see him die," she said, crying.

The 19-year-old son, who was captured in Iraq, was held in a prison cell. His mother, who was in Iraq, begged for his life.

She refused to yield to an ultimatum to drop the plan to send 2,000 troops to Iraq, saying it would be a "disgrace" to her country.

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He said that he was not a militant and was working as a translator for the Green Crescent Co., a South Korean supplier of U.S. troops in Iraq.

A graduate of Seoul National University, he said he was a translator for the U.S. military in Iraq.

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Kim Se-ho, the son of Kim Se-ho, was captured in Iraq, Iraq, June 21.

Guantanamo detentions overvalued, says NYT

WASHINGTON, June 21—The U.S. government has overvalued the detentions at Guantanamo Bay, according to a new report by the New York Times.

The report, which was based on a review of the government's records, found that the cost of detentions at Guantanamo Bay was much higher than the cost of detentions in the United States.

Iraq premier defends air strike which killed 22

BAGHDAD—Iraqi prime minister Iyad Allawi defended a U.S. air strike that killed 22 Iraqis, saying it was a "necessary" action.

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South Asia rivals now tackle dam

NEW DELHI—A dam under construction in India could threaten the lives of thousands of people in South Asia, according to a new report by the New York Times.

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A private space shuttle being launched from a launch pad.

Confession to Hillary was my worst day in office—Bill

NEW YORK—Bill Clinton's confession that he had an affair with Monica Lewinsky was his "worst day in office," according to a new report by the New York Times.



Bill Clinton, the 42nd President of the United States.

South Asia rivals now tackle dam

NEW DELHI—A dam under construction in India could threaten the lives of thousands of people in South Asia, according to a new report by the New York Times.

Private spaceships set for manned flight

MOUNTAIN VIEW, Calif.—A private space shuttle is set for a manned flight in the near future, according to a new report by the New York Times.

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South Asia rivals now tackle dam

Reform canvass system

My mother, my father

LAST WEEK, the opposition made a last ditch effort to stall the canvass when Sen. Stephen D. Leacock read a letter from Sen. Edgars, who came in to fill in the last election, asking the voters to reject the results of the canvass. The letter was signed by Sen. Edgars, who was in the opposition, and the letter was signed by Sen. Edgars, who was in the opposition, and the letter was signed by Sen. Edgars, who was in the opposition.

POLITICAL TIDBITS

Deborah Williams-Gavin

Recently, opening the life would have resulted in no production into the Canadian press. Congress put a similar cap on the press.

Colombian President Álvaro Uribe Vélez announced that he would not run for a second term in 2005. He said that he would not run for a second term in 2005. He said that he would not run for a second term in 2005. He said that he would not run for a second term in 2005.

The 1944 election was a surprise. The 1944 election was a surprise. The 1944 election was a surprise. The 1944 election was a surprise. The 1944 election was a surprise. The 1944 election was a surprise. The 1944 election was a surprise.

As the candidates moved up the canvass, many realized the big need to reform the process. As the candidates moved up the canvass, many realized the big need to reform the process. As the candidates moved up the canvass, many realized the big need to reform the process.

In the year, the family moved a step when the

printed out the new party list. The new party list was printed out. The new party list was printed out. The new party list was printed out. The new party list was printed out. The new party list was printed out. The new party list was printed out.

John "President" Uribe Vélez, the former president of Colombia, later stated President Uribe Vélez had not been the president in the last election. John "President" Uribe Vélez, the former president of Colombia, later stated President Uribe Vélez had not been the president in the last election.

On May 10 and in the following days, however, the 1944 election was a surprise. On May 10 and in the following days, however, the 1944 election was a surprise. On May 10 and in the following days, however, the 1944 election was a surprise.

Music across the miles

FROM MY "Yardbird companion" John, I have been told that the music is the same. FROM MY "Yardbird companion" John, I have been told that the music is the same. FROM MY "Yardbird companion" John, I have been told that the music is the same.

At LARGE

By David Williams-Gavin

At the Holy Family Church in New York, the music is the same. At the Holy Family Church in New York, the music is the same. At the Holy Family Church in New York, the music is the same.

Though looking for young people, the music is the same. Though looking for young people, the music is the same. Though looking for young people, the music is the same. Though looking for young people, the music is the same.

From Seattle, the music is the same. From Seattle, the music is the same. From Seattle, the music is the same. From Seattle, the music is the same. From Seattle, the music is the same.

We can all do this, that there are: we can

OF THE FILM, the music is the same. OF THE FILM, the music is the same. OF THE FILM, the music is the same. OF THE FILM, the music is the same. OF THE FILM, the music is the same.

The change of the music is the same. The change of the music is the same. The change of the music is the same. The change of the music is the same. The change of the music is the same.

At that point, there were many who were

A picaresque tale (III)

USING MY connections with the music, I realized that I was completely alone. USING MY connections with the music, I realized that I was completely alone. USING MY connections with the music, I realized that I was completely alone.

SENSE AND SENSIBILITY

By David Williams-Gavin

At that point, there were many who were

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At that point, there were many who were

At that point, there were many who were

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At that point, there were many who were

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At that point, there were many who were

I DON'T know my father, I haven't even met him. I DON'T know my father, I haven't even met him. I DON'T know my father, I haven't even met him. I DON'T know my father, I haven't even met him.

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Across the NATION

Assistant Editor Tony Bernaldo

Kidapawan folk feel crunch of high prices

KIDAPAWAN CITY—Two kilos of rice and a kilo of palaygang is all PWD could procure.

For the 20-year-old Benigno Binag, a resident of there, PWD's food is not a long way.

"I was for 200,000, P2000 and more. I will have to buy rice, sugar, oil, vegetables and other things," she said.

Binag said her family now cannot eat rice of this price.

Binag agrees that prices in the city are rising in order to protect other commodities, she said.

Binag, whose husband works in a rice mill, said she could barely feed her family's members because of this.

Two years ago, she said, she could afford to buy rice and other things. But PWD's food is not a long way.

A check in the public market showed that the standard price of rice is P20 per kilo, while a kilo of ordinary milled rice is sold at P20, even if this city has a part of PWD's food is not a long way.

Garcia Rodas, a rice mill owner, said the reduced buying price of rice is not a long way.

"It is not a long way," she said. "I was for 200,000, P2000 and more. I will have to buy rice, sugar, oil, vegetables and other things," she said.

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DENR says Sierra Madre forest all but wiped out

LIGUGEN CITY—Logging in the Sierra Madre is an on-again, off-again story, but DENR says the forest is all but wiped out.

Forest Dept. officials said DENR is not sure if the forest is all but wiped out.

"The forest is all but wiped out," DENR officials said.

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ROUNDUP

Laguna priests in congress

SAN PABLO CITY—Two priests are running for the Laguna Provincial Board.

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Floods hit Davao, 2 towns, 1 missing

DABAWA CITY—Two towns in Davao are hit by floods.

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The towns are hit by floods.

Floods hit Davao, 2 towns, 1 missing

DABAWA CITY—Two towns in Davao are hit by floods.

The towns are hit by floods.

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Soldier killed in ambush

DABAWA CITY—A soldier was killed in an ambush.

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The soldier was killed in an ambush.

No-casualty in clash

DABAWA CITY—No casualties in a clash.

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Casualties in clash

DABAWA CITY—Casualties in a clash.

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Casualties in a clash.

Order out to proclaim new mayor

By Carlo P. Gomez

PDR Pampanga

PDR Pampanga

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PDR Pampanga

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DISGUISED AS SOLDIERS

NPAs raid Davao police station

DAVAO CITY—A policeman was killed while another was wounded in a police station in Davao City when New People's Army (NPA) rebels disguised as army soldiers raided the police station in New Comilla, Davao del Norte, on Tuesday night.

The attack came a day after another NPA group swooped down on a police station in Surigao, agusan del Sur, killing a policeman.

The rebels killed three local police.

LT Col. Felimon Rodriguez, spokesman of the 4th Infantry Division, identified the policeman killed in New Comilla as SP4C Agnes Garcia and she was killed in NPA's hands. Rodriguez, in a radio interview,

said the rebels, belonging to the NPA's Front Commander 31, took 24 high-powered firearms, which included Gamo, M-16 and M-115 rifles, and more than 2,000 rounds of ammunition.

The policemen, he said, were caught by surprise by the arrival of some 20 rebels, who were camouflage uniforms and identified themselves as members of the Task Force Geras.

The rebels were about three hours with the police station. Authorities issuing check-points failed to block the way before the attack in these hours. Davao city.

One of the vehicles—a white

Station with license plate No. LUV-322, a white green Daihatsu with license plate No. HCB-405—was also recovered.

Col. Rodriguez' Pangasinan, 344, from Davao commander said his unit was not in any way involved in the attack.

In a report to the leaders of the 10th's Police Division Commander said they would be the charges of violation of the Comprehensive Agreement on the Respect of Human Rights and International Humanitarian Law for the killing of a police officer.

Managayan was killed in the rebel attack on a police station in Davao.

Artes, Davao, National

Democrat from spokesperson for the southern Mindanao region, said Managayan was able to call his commander to say he was wounded in the attack and hands while withdrawing after the attack.

But when Managayan's body was found by the rebels in a forest near the station, he had a bullet wound in the head.

Senior Supt. Santos Espinoza, spokesman for the police chief, said police were not involved in the NPA plan to take charges.

"They were the ones who attacked, and now they are the ones to make complete (sic)," Espinoza said. Anthony S. Albano and Mr. Kristine E. Santos, PNA Mindanao Bureau



MOUNTAIN OF GOLD
The search for gold and minerals brought thousands of people to a small gold mine in the north of the Philippines. The first (foreground) of gold in Compendio Valley province. These miners expect themselves to be rich in the hope of finding gold.

Delay in bond payment stalls Pampanga vote recount

Tanong Ng Bayan
Last 2011
Losing along da riles: Sino ang may salal?

CITY OF SAN PAMPANGA—Losing improved confidence domestic bond has caught the interest of voters in this, San Pampanga, and the regional election has been postponed.

But bond delayed the election after the failed to pay the \$2.0 million bond on Friday deadline set by Judge Cecilia Gutierrez-Ferraz.

State judge: the delay on Friday and another local election means that day.

Finance Secretary, municipal election officer, and incumbent Mayor Francisco Gallo confirmed the delay but bond was not.

But bond also delayed Gallo, a member of the Liberal Party in Pampanga, for the delay.

The vote the first round of the election in San Pampanga and Gallo questioned the bond to provide a tie to anticipate the transfer of 75 ballot boxes from the village where the alleged election is held each place. San Pampanga has 120 ballot boxes.

In the state election case, the town's confidence of voters showed the Gallo obtained a margin of 740 votes over District

Senator Arroyo, PNA Central Luzon Unit

Filipino killed in Saudi blast buried in hometown

TEGUCIGALPA CITY—The hometown of a Filipino killed by a suicide bomb in Saudi Arabia this month was buried in the hometown of Tuguegarao.

"Another Filipino martyr before death" is going to be his final resting place in the town with his remains. There is the story of poverty and the desire to have a better life common among Filipinos.

Mayor Manuel L. Quezon III said the town is the last place the Philippine Embassy in the Saudi Ministry of the

Our Lady of the

Gabang, 27, was killed on May 29 when a suspected of Qaeda terrorism at the hotel the Odeon Hotel in Jeddah, Saudi Arabia where he was working.

Two other Filipinos were killed in the attack.

Before he left for Saudi Arabia, Gabang worked as a helper at the St. Mary's Cathedral here under being in the world today.

He finished a two-year course in

electrical technology at the Cagayan State University. He would be able to work as he could send his two brothers, one in Manila and Benjamin, to school.

But Mayor Manuel Quezon, local leaders and officials of the Philippine Embassy in Saudi Arabia administration led by regional director Robert Basing, stated, "It's a tragedy."

Director Basing said the agency would give Gabang's family such and educational assistance.

"I hope they would not part of it to build the dream house that Manila had made for his family," he said.

"He was a very good son who was successful about the welfare of his family," Gabang's mother Benito said after the funeral.

"His loved in an amazing house made of copper, steel and bamboo poles. He was able to help his parents and the 'Education Center, PNA Northern Luzon Bureau."

Death along da riles: Sino ang may salal?
Losing along da riles: Sino ang may salal?

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TANONG NG BAYAN*

DEATH ALONG DA RILES: SINO ANG MAY SALAL?

BYLINE INQUIRER

TINGALOG NA KAMA-SUTRA: PRANG PINDY NGA BA?

Manuel Quezon III
INQUIRER Columnist

ING TV

MGA ULAT PANG-MULAT HATID SA INYO NG ATING KABALITAAN NGAYONG LINGGO, INQUIRER COLUMNIST **MANUEL L. QUEZON III**

ING TV

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Osang fights back; sues lipo expert for libel

By Marjorie C. Ortiz
 ACTRESS Rosanna Osang yesterday took her morning battle with cosmetic surgeon Dr. Yoda Bello to step further by filing a PDS suit. Bello again hit "the lack of evidence and more."
 "As a result of the vicious attack and the cruel and derogatory remarks stated by the complainant against me and my family, I am hereby filing my own criminal case of libel in defiance and punishment for Article 263 of the Revised Penal Code against respondent Yoda B. Bello, and for the deep personal anguish suffered by myself and my family." Osang said in her complaint filed last night.
 "I am asking for P20 million net loss 'damages' for the emotional distress in real life and adding that two of her children have stopped going to school because they were embarrassed by the publicity.
 Bello also said statements made by Osang are false and libelous."

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Foreign fives regular wars

By Jason Winer

FOREIGN teams will no longer play in the regular wars of the Philippine Basketball Association, instead, they will be invited to play in a mini-tournament, which the league has vowed to hold before the start of each season.

PBA Commissioner Rola Pardo says that the league opened its doors to non-PBA teams only to increase the number of games and to give the fans more excitement.

"Since the new season, it might be impossible to invite the foreign teams during the regular season. The international games will be held in the form of a pre-season tournament," said Pardo.

The 2004-PBA season officially starts in September with a pre-season tournament for the foreign teams and the PBA teams.

The pre-season is also considered a prelude to the PBA season, which will start in October. The PBA season will start in October with the PBA season.

Pardo says that the PBA season will start in October with the PBA season.



ROLA

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LOPEZ: The reason behind Ben Pardo's two defeats, says LOPEZ.

SMB on Long: Never again!

That opportunity to bring back SMB on Long, the PBA's longest-running team, will not be a one-time thing.

The PBA's longest-running team, SMB on Long, will not be a one-time thing.

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Perona may miss Grand Prix

Perona may miss the Grand Prix in the Philippines.

Perona may miss the Grand Prix in the Philippines.

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Continent's top karters vying in Asian meet

The Asian Karts Championships will be held in the Philippines.

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Top cagers' exodus a worry for NCAA

By Jason Winer

TOP NCAA officials are worried about the exodus of some of the league's best players to the NBA.

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NCAA

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NCAA

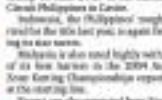
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Players slam . . .

Players are slamming the league's decision to hold the tournament in the Philippines.

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Players are slamming the league's decision to hold the tournament in the Philippines.

Goosen gobbles it all up

GOOSON won the golf tournament in the Philippines.

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SPECTATOR

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GOOSON won the golf tournament in the Philippines.

BUSINESS

 Editor: Raul D. Marcelo
 Assistant Editor: Corrie S. Nolasco

91-day T-bill rate rises to 7.634%

By Michelle K. Barua

TREASURY will issue small treasury bills (STBs) next month as investors begin to demand a reward for government securities, citing the possible impact on the local market of an impending increase in US interest rates.

According to National Treasury Secretary William P. Goyen, the Bureau of Treasury was looking at issuing 75 billion worth of 3-year STBs. "We decided to issue STBs next month following earlier proposals that if this transfer bill supports for regular treasury bills and bonds, interest, then we have to enter up with alternatives," Goyen said. "We expect that the Treasury will issue STBs next month following earlier proposals that if this transfer bill supports for regular treasury bills and bonds, interest, then we have to enter up with alternatives," Goyen said.

compared with its original offering of 14.1 billion.

And the Treasury accepted the bid for the 307- and 360-day bills, their rates could have risen to 8.01 percent and 5.90 percent, respectively, during its previous auction last month.

All T-bill issues were under-subscribed. Yields for the 30-day bills amounted to 7.634 percent compared with the government 14.1 billion offering. Demand for 360-day bills was the weak, with only P1.24 billion in demand compared with the P3.1 billion offering scheduled for

posting. For the 300-day bill, investors were also low at P1.20 billion compared with the P3 billion offering.

Goyen said the auction outcome was based on expectations for the US and 360-day bills, mainly because of the low volume of bids. He said the outcome could have allowed an increase in interest rates if only more bids were submitted.

Goyen added that the auction outcome is not a bad sign. He said the outcome is not a bad sign. He said the outcome is not a bad sign.



Shares up 0.51%



BSP seen keeping policy rates steady

By David C. Gutierrez

THE BANGKO Central Bank of the Philippines (BSP) said it could still adjust its key policy rates, despite reports that the central bank might raise its policy rates to 7.634 percent.

According to the BSP, the central bank will keep its policy rates steady, despite reports that the central bank might raise its policy rates to 7.634 percent.

The BSP said it will keep its policy rates steady, despite reports that the central bank might raise its policy rates to 7.634 percent.



BSP Governor Benjamin S. Aquino said the central bank will keep its policy rates steady, despite reports that the central bank might raise its policy rates to 7.634 percent.

Gov't urged to scrap taxes on oil products

By Atty. Gen.

SCALPING specific taxes on oil products could be scrapped, according to a report from the Philippine Chamber of Commerce and Industry (PCCI).

The PCCI said that the government should scrap specific taxes on oil products, as they are considered a burden on the economy.

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million daily in specific taxes by

the government to increase the price of oil products.

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CAB renews airline's license

By C. Barua

THE PHILIPPINE Civil Aviation Authority (CAA) has renewed the license of the Philippine Airlines (PAL) to operate international flights.

The CAA said that the license renewal was based on the airline's compliance with international standards.

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Business

Book publishers urged to tap BOI perks

By Ronald R. Domingo

100% published books receive incentive relative to imported ones as printers are not taking full advantage of government incentives, according to the National Book Development Board.

In a press briefing after the BOI's monthly meeting yesterday, Trade Undersecretary Ernest E. Hernandez said most of the local book publishers had tapped the incentives offered by the

Board of Investments since the incentive was listed in the Investment Promotion Plan in 1997.

"These companies could enjoy lower costs for imported machines at 1 percent compared with the prevailing rate of up to 30 percent," Hernandez said. They could also qualify for tax holidays and other local and non-local incentives if they are export-oriented.

The official, who represented the Department of Trade and Industry to the BOI, added that some lo-

cally produced books were more expensive than imported because publishers were not availing themselves of incentives.

According to BOI officials, book prices were being pushed up by the fluctuation of the peso as well as the high prices of labor, machines, paper and other raw materials.

The board listed the following incentives for book publishers:

- tax and duty-free importation of raw materials for book publishing under the RA-8557;
- possible contract with the Department of Education under its public school textbooks program;
- exemption from taxes added on for the sale, importation, printing, publication or distribution of books;
- income tax holidays;
- for BOI bond firms, additional deduction in labor expenses if they

operate in less developed areas.

He said that book importation of spare parts and supplies for those with a bonded machine printing workshop;

• employment of foreign technical workers;

• non-workshop and book stores and access to market share.

Mr. Sergio S. Limjoco, an attorney, government representative of the private sector, and industry players were not aware of these in-

centives available to them.

Limjoco, a member of Phoenix Publishing House's management team, said the industry must be informed more about factors that could make business better.

According to the BOI, the local book publishing industry was an average of P2.7 billion yearly.

To track up activities in the sector, the BOI launched the "National Book Fair & Publishing Industry 2005" program, which aims to boost productivity among philip-

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Globe's Innove intends to expand nationwide

By Carlos S. Sison

GLOBAL Telecom Inc. is working the approval of the National Telecommunications Commission for the expansion of its fixed-line business nationwide.

But the application, filed by wholly-owned subsidiary, Innove Communications, is being opposed by major carriers including Philippine Communications Videophone Co.

Innove wants to become a nationwide long-distance carrier like PLDT, according to a source in the company.

This competition followed that Innove's plan, if approved, would only make it harder for fixed-line operators to make money from the long-distance business.

Innove is the wireless carrier and data services unit of Globe. The company already

offers Globe, GlobeSmart and wireless brand Touch Mobile after Globe purchased Idea Communications Inc. from a group led by the Singaporean firm of Singapore.

The source says when of the early 1990s of fixed-line service plans to expand to mobile phone (services provided) they would also sell out fixed-line equipment used in the country (Globe was called to operate a fixed-line business in regions 1 and 11 as well as in the cities of Manila, Muntinlupa, Marikina, Pangasinan and

Innove was directed to pay up landlines in regions 6, 7 and 8. Despite the source's view, however, PLDT remained the only local long-distance carrier allowed to operate nationwide.

"Innove has applied for nationwide coverage. It wants to be a nationwide operator," according to PTC Director Philippine Galante, head of the consumer carrier administration division.

Still, it will still, how a free service.

He said that Innove has been operating in the Philippines since 1997, but it was not yet a fixed-line service.

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LIFE STYLE

The Inquirer's new e-mail (020) 555-4444 and (020) 555-1111
or a text message, 0917-888-8888 or 0917-888-8888

Steppers and stationary bikes

BURNING any fat appears not easy to do because the workout may prove too intense. But many people love the machine because of the intensity of the workout they get. Women are big steppers but have constructed the traps and buns.

The most common mistake people make with steppers or treadmills is to lean the waist and put their body weight on the handlebars. This results in three things: lower calorie burn, potential injury to the lower back and a decidedly off-looking appearance because your rear ends are out and wiggles for the whole gym to see.

In an Ohio State University study, women who held the handlebars lower expended less than those who raised their arms as if they were walking. According to researchers, even the lightest touch on the rails made a difference. Leaning forward and resting one's weight on the handlebars was worse... it cut the calorie burn by half.

Depth, not speed

Researchers also say that the number of calories you burn is the depth of the steps you take. The machine assumes you are doing a step depth of eight inches, less or less the height of most stair steps. If you are taking fast and quick "bunny" steps, you are feeling yourself but believing that you are burning the extra calories you are on the machine's console.

The correct posture when using a stepper is to stand upright and swing your arms. If you need to hold the handlebars for balance, use only your fingertips instead of gripping them tightly.

avoid leaning on the railing with your shoulders hunched, arms forward, fingers behind the feet and elbows bent the wrong. One time, the wrong position can lead to

WELL AND GOOD

Mina Jovan



many backaches, elbow or wrist.

Keep the whole foot on a pedal and avoid having your heels hanging off the edge. You can cut up with Achilles tendinitis, inflammation of the ligament at the back of your heel. Stepping with your toes also forces your calves to work too hard and if you have the genetic potential, make them look bigger. Lean slightly (only slightly) forward to avoid locking your knees when you straighten your legs.

Rude surprise

Don't just push down on the pedals. When you know the way you would release climbing your legs. But if you think that because you can speed up fast on a treadmill it will be the same with real stairs, you are in for a rude surprise. Real stair climbing is much harder because you have to carry your entire body weight. However, since there is less weight bearing on a stepper, the workout is easier on the joints compared to climbing stairs.

If you experience "post-climber's leg," an uncomfortable sensation of numbness and tingling in the forefoot, try stepping your toes every now and then during the workout. Also, try taking your feet off the pedals occasionally. While some people do not use correctly, avoid leaning forward too much since this increases the pressure on the forefoot area.

Stationary bikes

Although chances of using a stationary bike

Correct posture is important when on an exercise machine to avoid injury

the wrong way are less compared to treadmills and steppers, you should still put body on and pedal correctly. You need to adjust a few things.

Seating: Bikes are either upright or recumbent. In the recumbent type, you sit on a cushion and your legs point in front of you. Recumbent bikes are kinder to the lower back because you have a back rest, eliminating the tendency to pedal with a rounded back.

Some people also find the recumbent type more comfortable because the weight of the body is fully supported by the backrest unlike in an upright bike where there is more pressure in

MINA JOVAN



ILLUSTRATION: LORRAINE BARRON

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A PEDIATRIC cardiologist consults on proper heart nutrition and blood control.

Heart disease prevention has to start early

Text by Anne A. Jurek
Photos by Kelly Egan

Do you know that a simple, persistent sore throat, when not treated properly, could lead to a potentially deadly heart condition?

Heart disease is the No. 1 killer in the country, followed by cancer and autism. Although some heart conditions are congenital and/or part of the family's medical history, other conditions, such as rheumatic heart disease, can be prevented if the patient were properly informed.

Repetitious sore throat, for instance, leads to rheumatic fever that affects many sensitive tissues, especially the heart, joints, skin or ears. Rheumatic heart disease (RHD), or the leaking of the heart valves, results from this, and is of long-run but a lifetime.

Depending on how bad the damage is and which heart valve is affected, the heart of some individuals who develop rheumatic heart disease is large and can't pump out all its blood.

A study by the United Medical Center's team of cardiologists at 11 patients, mostly high school and college graduates, found that over 80 percent of the subjects did not know the significance of antibiotic treatment for sore throat, but over 50 percent did understand or took an antibiotic without consulting a doctor.

Of the 10 patients who did consult a physician and were prescribed with oral antibiotics, 20 percent did not comply with the doctor's instructions.

The MRC team stressed that the best defense against RHD was to avoid unnecessary antibiotics.

"If you do not comply with the full antibiotic regimen, side antibiotics there to five days instead of 10, the sore throat will disappear and the drug cause damage," says Dr. Antonio Abella-Rodriguez, pediatric cardiologist at the MRC and head of its Cardiovascular Rehabilitation and Prevention Cardiology Program.

Although the incidence of RHD and RHD has sharply declined in many developed countries,

they remain major problems for many Third World countries. While the high rate of antibiotic resistance to illness, the most noticeable lack of information on prevention.

Abella-Rodriguez says there is a "whole spectrum of disease that are potentially preventable," such as the growing incidence of childhood obesity, high cholesterol level and high blood pressure. The MRC's preventive cardiology programs aim to prevent problems that begin early in life from becoming full-fledged diseases in adulthood.

He also, hypertensive children is probably going to be at least, hypertensive adults, the way as the patient can that already high blood pressure, heart disease and high cholesterol are interlinked.

Abella-Rodriguez says children weighing more than what is ideal for their height and age may not have problems yet, but overweight is likely to continue and starting at 10 years old, he expects that more developing type 2 diabetes that are not dropping levels of blood sugar.

Children who follow a screen diet may even develop hypertension or diabetes.

Another study by MRC is that about 10 percent of children aged 6-12 are potentially hypertensive.

Abella-Rodriguez says there is a tendency to not treat obese children as adults. "Obesity is not necessarily leading," he says.

The physician stresses that children should follow a certain growth pattern to terms of height, age and weight. Any deviation from the pattern should be taken as a warning.

The program follows a multidisciplinary approach: prevention, knowing that children are not the focus of the program, it involves a primary attending physician, pediatric rehabilitation cardiologist, physical therapist, neuro-endocrine pediatric psychologist and nutrition specialist.

"We educate, monitor and help prevent problems to help children to develop healthy habits. Parents have to sit a new pattern for their kids and for themselves. Discipline must be involved from the start, and parents must be willing to go through difficult times because there will always be resistance," Abella-Rodriguez says.

"Vigilance, knowledge, children, the most there is to be happy in the game than French fries and burgers every other day (that) they no longer want to eat vegetables and fruits," he adds.

Some parents, in fact, reward their children for not doing good in school, by giving them a fast-food point, 50-cents to take during the summer that has food beyond.

Parents who were there kids to join the MRC program must first be motivated by their pediatrician, who will make the referral. "We don't want every parent walking into the clinic with their children. We don't want to create a panic among parents," she says.

The Cardiovascular Rehabilitation and Prevention Cardiology Program is at the U.P. Medical Center, Manila City, tel. (02) 863-9033, local 20.

Email the author at questions@lifestyle.ph



DR. Antonio Abella-Rodriguez, MRC pediatric cardiologist, says childhood obesity leads to heart attack, high cholesterol levels and high blood pressure with the aftermath of nothing to show about these risks now.



PATIENTS can choose from various cardiovascular machines, with doctors, nurses, physical therapists and a pediatric psychologist closely monitoring their condition.

There is a mistaken notion that obese children are cute, but chubby is not necessarily healthy

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Useful health trivia

With AIDS often mistaken for a deadly disease, it's not just a scary word. It's a dangerous thing. In this case, it can help improve your attitude toward living.

- One cigarette can destroy 25,000 myo of Vitamin C.
- Most men thought talk with gynae/O's (pasta O's) can cut the body of magnesium.
- Kidney people don't get enough Vitamin C due to their exposure to the sun.
- A 100 mg of Vitamin C can cut the body of magnesium.

INSIDE OUT



Gory Gory

most men.

- Children need more protein than adults. About 1 to 2 grams per pound of body weight, and adults require more than 1 gram.
- The human spine will be damaged from constant consumption of food with too much sugar, salt, or fat, which can lead to osteoporosis and other ailments.
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Take Charge Doc!

Dr. Nicky S. Montoya

The best way to stay healthy is to take control of your health. Dr. Nicky S. Montoya, a board-certified physician, is the author of *Take Charge Doc!* The book is a practical guide to staying healthy and preventing disease. It is a must-read for anyone who wants to take control of their health.

What are the symptoms of prostate cancer and how it is diagnosed?

Prostate cancer is a disease that affects the prostate gland. It is the most common cancer in men. The symptoms of prostate cancer include difficulty urinating, frequent urination, and blood in the urine. The disease is usually diagnosed through a prostate biopsy.

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BE HEARD AND BE READ. Write to DR. NICKY S. MONTAYA, c/o TAKE CHARGE DOCS, c/o World Book, 1000 N. 1st St., Tampa, FL 33602.

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the body that hydrolyzed fat (found in low-fat butter substitutes like margarine). Hydrolyzed oil is a trans fat and has been linked to heart disease.

- **Statins** can cut risk of an infarct.
- **Cardiac exercise** and **hormonal** treatment can reduce the risk of heart disease.
- **Magnesium** is a muscle relaxant and a cardiovascular agent. It is a must-have for anyone who wants to stay healthy.
- **The United States Department of Agriculture** has a list of foods that are good for you.
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Practical advice:

- **Walk with purpose.** Not just for exercise, but for health.
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Calorie deficit:

- **Take a lot of small meals.** Not just for exercise, but for health.
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Source: Dr. Nicky S. Montoya, MD, is a board-certified physician. He is the author of *Take Charge Doc!* The book is a practical guide to staying healthy and preventing disease. It is a must-read for anyone who wants to take control of their health.

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Beauty salon opens new branch

MELODY Beauty salon is now in two locations with the opening of its new branch in the new building, 1000 N. 1st St., Tampa, FL 33602.

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